

## ABSTRACT OF THE DISCLOSURE

A technique is used for adjusting the valve timing of an internal combustion engine with a cam shaft and a cam lobe displaced at a rotational angle with respect to one another. To decrease the valve opening time, the camshaft can be adjusted toward "late" during a valve stroke, while the camshaft is adjusted toward "early" during the immediately subsequent base circle phase of the affected camshaft. To increase the valve opening time, the camshaft can be adjusted toward "early" during a valve stroke, while the camshaft is adjusted toward "late" during the immediately subsequent base circle phase of the affected camshaft.